

Historic, archived document

Do not assume content reflects current
scientific knowledge, policies, or practices.

A321.7 Cop 8 DC BRANCH
Ag8

FAMILY FOOD BUYING

A Guide for

- calculating amounts to buy
- comparing costs

Home Economics Research Report No. 37

Agricultural Research Service
U.S. DEPARTMENT OF AGRICULTURE

FAMILY FOOD BUYING

A Guide for

- **calculating amounts to buy**
- **comparing costs**

Home Economics Research Report No. 37
Agricultural Research Service
U.S. DEPARTMENT OF AGRICULTURE

Washington, D.C.

Issued September 1969

For sale by the Superintendent of Documents, U.S. Government Printing Office
Washington, D.C., 20402 - Price 35 cents

FAMILY FOOD BUYING: A Guide for Calculating Amounts To Buy and Comparing Costs

by
Elsie H. Dawson, Gladys L. Gilpin, and Lois H. Fulton ¹
Consumer and Food Economics Research Division

This food buying guide serves a twofold purpose. It can help purchasers —

- Decide how much food to buy to provide the number of servings needed by individual families.
- Compare the costs of foods in various market forms and in different-size containers.

Information in this report will be particularly useful to educational and consumer leaders and to supervisory personnel in family food programs. It will be a valuable reference for home economics teachers and students, Extension specialists — including 4-H leaders and home demonstration agents — and for workers in welfare and health agencies.

Food buyers — in general — should find the

guide helpful in holding food costs down. With this guide, they should be able to plan economical meals and to keep leftover foods at a minimum. Information is readily available for making grocery lists. Because family food buyers are familiar with the appetites of those to be fed, the number of servings needed of each food can be quickly calculated.

Foods are listed in alphabetical order for easy reference. Different market forms of some 200 foods are given for a total of more than 600 entries. Foods may be bought fresh, frozen, canned, or dried. Meat may be bought with bone and without bone; fruits, whole or sliced, or as juice; cereals, dry or uncooked; and vegetables in the many forms available in retail markets.

The method of preparing the food in the home also is listed. How a food is prepared influences the number of servings obtained. For example, 1 pound of potatoes will give 4½ servings of

¹ Formerly with the Human Nutrition Research Division, Agricultural Research Division, U.S. Department of Agriculture.

cooked, diced potatoes and only $3\frac{1}{2}$ servings of mashed potatoes. Serving size is $\frac{1}{2}$ cup of potatoes.

Other foods and forms of preparation will be added to the list when reliable data become available.

In this report, information on each food is given under the following headings.

Description of food as purchased. — Here the foods are listed according to the forms in which they are bought — fresh, canned, frozen, or dried. These forms are further described by any preparation that is done by the food processor such as slicing, shelling, or removing bones.

Size of market unit. — This gives the most common unit of purchase for the food. For many foods, including fresh vegetables and meats, the unit is 1 pound. For canned or packaged foods, the unit is the weight indicated on the label or the measure in fluid ounces.

Description of food as prepared for serving. — This lists any preparation given food after purchasing to get it ready for cooking or serving.

Number of servings or measures from one market unit. — This shows the approximate number of servings or volume measures you can expect

from the food described. The number of servings given for fresh fruits and vegetables is based on produce of good quality. The number of servings for fresh meat is based on meat with an average amount of fat and bone for the cut described.

Size of serving or measure. — This gives the serving size or volume measure commonly used for the food.

Amount-to-buy factor. — This is a number given in decimals. It is called an amount-to-buy factor because you use it to determine the quantity of food to buy.

Multiply the factor by the number of servings or measures needed to find out the number of market units (designated in size-of-market unit column) to buy for a given family. Size of each serving or measure is shown in the size-of-serving or measure column.

The factor also may be used to compare the cost per serving for the various forms of a food. Calculate the cost per serving by multiplying the cost per market unit by this factor. When making a cost comparison, be sure that the serving sizes of foods are equal.

Example 1 (given on the next page) shows an easy method for determining amount to buy:

Example 1

Suppose six servings of beef cube steaks, cooked diced potatoes, and cooked fresh spinach will be needed for a family meal. The following calculations show how to determine the amount to buy.

Fresh beef cube steaks

$0.25 \text{ (factor)} \times 6 \text{ (number of servings)} = 1.5$
pounds of cube steak are needed.

Fresh potatoes

$0.22 \text{ (factor)} \times 6 \text{ (number of servings)} = 1.32$
pounds of potatoes are needed.

Fresh spinach

$0.41 \text{ (factor)} \times 6 \text{ (number of servings)} = 2.46$
packages of spinach, 10 ounces each, are needed.

The number of servings (of the size specified in the table) that are needed by a particular family may differ for various foods. To illustrate — a homemaker may know that her husband and teenage son will eat a cup rather than $\frac{1}{2}$ cup of potatoes. She will add two servings to allow for this. On the other hand, the two preschoolers will eat only a small serving of spinach. She may want to count only one serving for the two of them.

Example 2 below shows an easy method for making cost comparisons:

Example 2

Suppose you plan to serve peaches in juice. The cost per serving of the different forms of peaches is calculated as follows:

Form of peaches	Current price per market unit	×	Factor = Cost per serving
Fresh	\$0.20	×	$0.26 = \$0.05$
Frozen25	×	$.43 = .11$
Canned40	×	$.16 = .06$
Dried65	×	$.09 = .06$

In this calculation the price used must be for the food item as described in the first column and for the size of market unit shown in the second column.

In this example, fresh peaches cost the least per serving, and frozen peaches the most. The same form of a food is not always the best buy at all seasons, however. Fresh foods are usually less expensive in season than at other times. Frozen and canned foods obviously cost less when they are sold at special prices.

FOOD BUYING GUIDE

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Almonds:					
In shell	Pound	Shelled, chopped	1¼	1 cup	0.88
Shelled	Pound	Chopped	3¼	1 cup	.31
Apples:					
Fresh	Pound	Uncooked:			
		Whole	3	1 medium	.33
		Pared, chopped, diced, or sliced.	5½	½ cup	.18
		Cooked:			
		Baked	3	1 medium	.33
		Pared, sliced	2¾	½ cup	.38
Canned:					
Whole baked	21 ounces	Fruit and juice	4	1 apple	.25
Slices	18 ounces	Fruit and juice	4¾	½ cup	.21
		Fruit	4½	½ cup	.23
Frozen:					
Whole baked	12 ounces	Fruit and juice	2	1 apple	.50
Apple juice:					
Canned	32 fluid ounces	As purchased	8	½ cup	.12
	46 fluid ounces	As purchased	11½	½ cup	.09

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Applesauce: Canned	17 ounces	As purchased	4	½ cup	0.26
Apricots: Fresh	Pound	Uncooked: Whole	6	2 medium	.17
		Halves, without pits.	5½	½ cup	.18
Canned: Halves	16 ounces	Fruit and juice	3½	½ cup	.28
		Fruit	2¼	½ cup	.42
	30 ounces	Fruit and juice	6¾	½ cup	.15
		Fruit	4¼	½ cup	.24
Dried: Halves	11 ounces	Uncooked	4½	½ cup	.23
		Cooked: Fruit and juice	8¾	½ cup	.12
		Fruit	5½	½ cup	.18
Asparagus: Fresh	Pound	Cooked, drained: Spears	2½	4 medium	.40
		Cuts and tips	3½	½ cup	.28

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Asparagus—Continued					
Canned:					
Spears.....	14½ ounces.....	Heated, drained.....	2¾	6.....	0.37
Cuts and tips.....	14 ounces.....	Heated, drained.....	2¾	½ cup.....	.38
Frozen:					
Spears.....	10 ounces.....	Cooked, drained.....	2½	6.....	.40
Avocados:					
Fresh.....	1 (about 10 ounces).....	Peeled:			
		Cubes.....	2¾	½ cup.....	.35
		Mashed.....	1¾	½ cup.....	.54
Bananas:					
Fresh.....	Pound.....	Peeled:			
		Mashed.....	2¾	½ cup.....	.37
		Sliced.....	4½	½ cup.....	.23
		Whole.....	3	1 medium.....	.33
Beans:					
Dry, all varieties.....	16 ounces.....	Uncooked.....	2½	1 cup.....	.42
		Cooked, drained.....	11	½ cup.....	.09

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Dry, canned:					
With franks in sauce.	12 ounces	Heated	2½	½ cup	0.39
With pork	16 ounces	Heated	3½	½ cup	.29
Green or wax:					
Fresh	Pound	Cooked, drained, pieces.	5½	½ cup	.18
Canned:					
Cut	15½ ounces	Heated, drained	3½	½ cup	.28
Frozen:					
Cut	9 ounces	Cooked, drained	3¼	½ cup	.30
French style	9 ounces	Cooked, drained	3	½ cup	.34
Kidney:					
Canned	16 ounces	Heated	3½	½ cup	.28
Lima:					
Fresh, in pod	Pound	Shelled, cooked, drained.	2¼	½ cup	.47
Canned	16 ounces	Heated, drained	3¾	½ cup	.27
Frozen	10 ounces	Cooked, drained	3¼	½ cup	.30
Bean Sprouts:					
Canned	16 ounces	Heated, drained	3½	½ cup	.30

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Beef:					
Fresh:					
Brisket:					
With bone.....	Pound.....	Simmered.....	2	3 ounces without bone.	0.50
Without bone....	Pound.....	Simmered.....	3	3 ounces.....	.33
Ground.....	Pound.....	Cooked.....	4	3 ounces.....	.25
Roasts:					
Chuck:					
With bone....	Pound.....	Cooked.....	2½	3 ounces without bone.	.40
Without bone..	Pound.....	Cooked.....	3¼	3 ounces.....	.31
Rib:					
With bone....	Pound.....	Cooked.....	2½	3 ounces without bone.	.40
Without bone..	Pound.....	Cooked.....	3	3 ounces.....	.33
Round, without bone.	Pound.....	Cooked.....	3½	3 ounces.....	.29
Rump:					
With bone....	Pound.....	Cooked.....	2½	3 ounces without bone.	.40
Without bone..	Pound.....	Cooked.....	3½	3 ounces.....	.29

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Short ribs, with bone.	Pound	Cooked	1½	3 ounces without bone.	0.67
Steaks:					
Club, with bone	Pound	Cooked	2	3 ounces without bone.	.50
Cubed (minute)	Pound	Cooked	4	3 ounces	.25
Flank, without bone.	Pound	Cooked	3½	3 ounces	.29
Porterhouse, with bone.	Pound	Cooked	2¼	3 ounces without bone.	.44
Round:					
With bone	Pound	Cooked	3¼	3 ounces without bone.	.31
Without bone	Pound	Cooked	3¾	3 ounces	.27
T-bone, with bone.	Pound	Cooked	2	3 ounces without bone.	.50
Stew meat, without bone.	Pound	Cooked	3½	3 ounces	.29
Variety meats:					
Heart	Pound	Cooked	2	3 ounces	.50
Kidney	Pound	Cooked	2	3 ounces	.50
Liver	Pound	Cooked	3¾	3 ounces	.27

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Beef, fresh, variety meats—Continued					
Oxtail.....	Pound.....	Trimmed, cooked....	1½	3 ounces without bone.	0.67
Tongue:.....	Pound.....	Cooked.....	3	3 ounces.....	.33
Cured:					
Corned beef bris- ket, without bone.	Pound.....	Simmered.....	3	3 ounces.....	.33
Tongue, smoked....	Pound.....	Cooked.....	2½	3 ounces.....	.40
Canned:					
Corned.....	12 ounces.....	Heated.....	4	3 ounces.....	.25
Dried:					
Chipped.....	4 ounces.....	As purchased.....	1¼	3 ounces.....	.60
Beef products:					
Canned:					
With barbecue sauce.	12 ounces.....	Heated.....	3½	2 ounces meat plus sauce.	.29
Patties in gravy....	11 ounces.....	Heated.....	¾	2 ounces meat plus gravy.	.31
Stew.....	24 ounces.....	Heated.....	2¾	1 cup.....	.36

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Frozen:					
Barbecued in bun	8 ounces	Thawed	2	1 sandwich	0.50
Patties in gravy	8 ounces	Cooked	2	2 ounces	.48
Pie	1 5-inch pie	Cooked	1	1 pie	1.00
Beet greens:					
Fresh, untrimmed	Pound	Cooked, drained	2¼	½ cup	.42
Beets:					
Fresh, without tops	Pound	Cooked, drained, diced or sliced.	3¾	½ cup	.27
Canned:					
Diced, sliced, or whole.	16 ounces	Heated, drained	3½	½ cup	.29
Blackberries:					
Fresh	Pint	Uncooked	4½	½ cup	.22
Canned	15 ounces	Fruit and juice	3½	½ cup	.29
		Fruit	2	½ cup	.51
Blackeye peas:					
Fresh	Pound	Cooked, drained	4¾	½ cup	.21
Canned	14½ ounces	Heated, drained	3	½ cup	.33
Frozen	10 ounces	Cooked, drained	3½	½ cup	.28

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Blueberries:					
Fresh.....	Pint.....	Uncooked.....	5½	½ cup.....	0.18
Canned.....	16 ounces.....	Fruit and juice.....	3¾	½ cup.....	.27
		Fruit.....	2½	½ cup.....	.41
Frozen:					
Unsweetened.....	10 ounces.....	Fruit.....	3½	½ cup.....	.28
Sweetened.....	12 ounces.....	Fruit and juice.....	3	½ cup.....	.34
Boysenberries:					
Canned.....	15 ounces.....	Fruit and juice.....	3½	½ cup.....	.29
Brazil nuts:					
In shell.....	Pound.....	Shelled.....	1½	1 cup.....	.65
Bread:					
Raisin.....	16 ounces.....	As purchased.....	18	1 slice.....	.06
Rye.....	16 ounces.....	As purchased.....	23	1 slice.....	.04
White, whole wheat, and cracked wheat:					
Regular slices.....	16 ounces.....	As purchased.....	15	1 slice.....	.07
Thin slices.....	16 ounces.....	As purchased.....	18	1 slice.....	.06

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Breadcrumbs	8 ounces	As purchased	2¼	1 cup	0.45
Bread stuffing mix:					
Herb seasoned	8 ounces	Prepared with water:			
		Dry type	8½	½ cup	.12
		Moist type	9¾	½ cup	.10
Broccoli:					
Fresh	Pound	Cooked, drained:			
		Cuts	3¼	½ cup	.31
		Spears	3¼	2 medium	.32
Frozen:					
Cut	10 ounces	Cooked, drained	2¾	½ cup	.36
Spears	10 ounces	Cooked, drained	2¾	2 medium	.37
Brussels sprouts:					
Fresh	Quart (about 1 pound).	Cooked, drained	4½	½ cup	.23
Frozen	10 ounces	Cooked, drained	3	½ cup	.33
Bulgur (parboiled wheat).	Pound	Uncooked	2¾	1 cup	.37
		Cooked	8¾	1 cup	.11

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Butter	16 ounces	As purchased	96	1 teaspoon	0.01
			2	1 cup	.50
Cabbage:		Uncooked:			
Fresh, green, red, or white.	Pound	Chopped	7¼	½ cup	.14
		Shredded	9½	½ cup	.11
		Wedges	8	⅛ small head	.12
		Cooked, drained:			
		Shredded	4½	½ cup	.22
		Wedges	4	½ cup	.24
Cabbage, Chinese:					
Fresh	1 head (about 2 pounds).	Uncooked, pieces	16	½ cup	.06
Cantaloup:					
Fresh	1 melon (about 1½ pounds).	Wedges	4	¼ small melon	.25
		Pared, diced	4	½ cup	.24
Carrots:		Uncooked:			
Fresh, without tops	Pound	Diced or sliced	5½	½ cup	.19
		Shredded	6¼	½ cup	.16
		Strips	6	6 4-inch strips	.17

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Carrots—Continued					
Fresh, without tops	Pound	Cooked, drained: Diced or sliced	4¼	½ cup	0.23
Canned:					
Diced	16 ounces	Heated, drained	3¾	½ cup	.27
Sliced	16 ounces	Heated, drained	3½	½ cup	.28
Frozen:					
Diced or sliced	10 ounces	Cooked, drained	3¼	½ cup	.30
Cashew nuts:					
Shelled	Pound	As purchased	3¼	1 cup	.30
Catsup	14 ounces	As purchased	24¼	1 tablespoon	.04
Cauliflower:					
Fresh	Pound	Uncooked, slices or pieces.	4	½ cup	.25
		Cooked, drained florets.	3	½ cup	.35
Frozen	10 ounces	Cooked, drained	3	½ cup	.34

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Caviar, sturgeon:					
Canned:					
Granular.....	4 ounces.....	As purchased.....	7	1 tablespoon.....	0.14
Pressed.....	2 ounces.....	As purchased.....	3½	1 tablespoon.....	.29
Celery:					
Fresh.....	1 medium bunch (about 1½ pounds).	Uncooked:			
		Chopped or diced.....	8¼	½ cup.....	.12
		Sticks.....	8	4 4-inch sticks.....	.12
		Cooked, drained:			
		Chopped.....	6¾	½ cup.....	.15
		Diced.....	6¼	½ cup.....	.16
Cereals, cooked (see individual listings).					
Cereals, ready-to-eat:					
All bran.....	16 ounces.....	As purchased.....	7½	1 cup.....	.13
Bran flakes.....	14½ ounces.....	As purchased.....	12	1 cup.....	.08
Bran flakes with raisins.	14 ounces.....	As purchased.....	7	1 cup.....	.14

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Corn flakes.....	12 ounces.....	As purchased.....	11¾	1 cup.....	0.09
Puffed rice.....	6 ounces.....	As purchased.....	13	1 cup.....	.08
Puffed wheat.....	5 ounces.....	As purchased.....	12	1 cup.....	.08
Puffed wheat, pre- sweetened.....	14 ounces.....	As purchased.....	11½	1 cup.....	.09
Rice flakes.....	13 ounces.....	As purchased.....	13¾	1 cup.....	.07
Shredded wheat.....	15 ounces.....	As purchased.....	14	1 biscuit.....	.07
Wheat flakes.....	18 ounces.....	As purchased.....	16	1 cup.....	.06
Chard, swiss:					
Fresh.....	Pound.....	Cooked, drained.....	2¾	½ cup.....	.36
Cheese:					
Cheddar (natural and process).....	Pound.....	Shredded.....	4	1 cup.....	.25
		Sliced.....	8	2-ounce slice.....	.12
Cottage.....	12 ounces.....	As purchased.....	6	2 ounces (about ¼ cup).....	.17
Cream.....	8 ounces.....	As purchased.....	8	1 ounce (about 2 tablespoons).....	.12
Swiss (natural and process).....	Pound.....	Sliced.....	8	2-ounce slice.....	.12

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Cheese products:					
Cheese food	8 ounces	Sliced	4	2-ounce slice	0.25
Cheese spread	5 ounces	As purchased	4	2 tablespoons25
Cherries:					
Fresh, all varieties	Pound	Pitted	5¼	½ cup19
Canned:					
Red, tart, pitted	16 ounces	Fruit and juice	3¾	½ cup27
		Fruit	3	½ cup34
Sweet, unpitted	16 ounces	Fruit and juice	3½	½ cup28
		Fruit	3	½ cup33
Frozen:					
Red, tart, pitted, sirup pack.	20 ounces	Fruit and juice	4½	½ cup23
		Fruit	3¾	½ cup27
Chestnuts:					
In shell	Pound	Shelled	4½	8 large22

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Chicken, ready-to-cook:					
Fresh or frozen:					
Fryers:					
Whole or cut-up	Pound	Cooked	2¼	3 ounces	0.43
Parts:					
Breasts (about 9½ ounces each).	Pound	Cooked	3¼	½ breast (about 2½ ounces without bone).	.30
Drumsticks (about 3 ounces each).	Pound	Cooked	2¾	2 drumsticks (about 2¾ ounces without bone).	.37
Thighs (about 3¼ ounces each).	Pound	Cooked	2½	2 thighs (about 3¼ ounces without bone).	.40
Wings (about 2½ ounces each).	Pound	Cooked	1½	4 wings (about 3¼ ounces without bone).	.63
Stewing chicken	Pound	Stewed	2½	3 ounces without bone.	.40

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Chicken—Continued					
Canned:					
Whole, in broth	52 ounces	Heated, drained	6½	3 ounces without bone.	0.16
Boneless, in broth	5 ounces	Heated, drained	1	3 ounces	.93
Chicken products:					
Canned:					
Chow mein	16 ounces	Heated	1¾	1 cup	.54
Fricassee	14 ounces	Heated	1½	1 cup	.63
Frozen:					
Chow mein	16 ounces	Heated	2¼	1 cup	.43
Pie	8 ounces	Heated	1	1 pie	1.00
Chicory (see endive).					
Chili sauce	12 ounces	As purchased	22	1 tablespoon	.05
Chocolate sirup	16 ounces	As purchased	12	2 tablespoons	.08
Chocolate topping	16 ounces	As purchased	12	2 tablespoons	.08

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Clams:					
Fresh, shucked.....	Pound.....	Cooked.....	2½	3 ounces.....	0.40
Canned, minced.....	7½ ounces.....	Heated.....	2½	3 ounces.....	.40
Clam chowder:					
Canned:					
Condensed.....	10½ ounces.....	Reconstituted, heated.	2½	1 cup.....	.40
Ready-to-serve.....	8 ounces.....	Heated.....	1	1 cup.....	1.00
Clam juice:					
Canned.....	8 fluid ounces.....	As purchased.....	2	½ cup.....	.50
Cocoa:					
Unsweetened.....	16 ounces.....	As purchased.....	2	1 cup.....	.49
		Prepared as beverage	32½	1 cup.....	.03
Sweetened mix.....	8 ounces.....	Prepared as beverage	28	1 cup.....	.04
Coffee:					
Ground.....	16 ounces.....	Prepared as beverage	37	1 cup.....	.03
Instant.....	6 ounces.....	Prepared as beverage	90	1 cup.....	.01

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Collards:					
Fresh.....	Pound.....	Cooked, drained.....	4¼	½ cup.....	0.24
Canned.....	15 ounces.....	Heated, drained.....	2¾	½ cup.....	.37
Frozen:					
Leaf or chopped.....	10 ounces.....	Cooked, drained.....	3	½ cup.....	.34
Corn:					
Fresh:					
With or without husks.	Dozen.....	Husked, cooked, drained.	12	1 medium ear.....	.08
Canned:					
Cream style.....	16 ounces.....	Heated.....	3½	½ cup.....	.28
Whole kernel:					
Vacuum pack.....	12 ounces.....	Heated.....	3½	½ cup.....	.28
With liquid.....	16 ounces.....	Heated, drained.....	3¼	½ cup.....	.30
Frozen:					
Whole kernel.....	10 ounces.....	Cooked, drained.....	3	½ cup.....	.33
Corn grits.....	16 ounces.....	Uncooked.....	3	1 cup.....	.34
		Cooked.....	12¾	1 cup.....	.08

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Cornmeal:					
Yellow or white	24 ounces	Uncooked	4½	1 cup	0.22
		Cooked	17¼	1 cup	.06
White, self-rising with wheat flour added.	32 ounces	Uncooked	6½	1 cup	.16
Cornstarch	16 ounces	As purchased	3½	1 cup	.28
Cowpeas (see Blackeye peas).					
Crabs:					
Fresh:					
Cooked in shell:					
Blue	Pound	Cooked, shelled	¾	3 ounces	1.33
Dungeness	Pound	Cooked, shelled	1¼	3 ounces	.80
Crabmeat:					
Fresh, cooked	16 ounces	As purchased	5	3 ounces	.20
Canned	6½ ounces	Drained	1¾	3 ounces	.57

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Crab products:					
Frozen:					
Crab cakes, fried	6 ounces	Heated	2	1 cake	0.50
Deviled crab	6 ounces	Heated	2	1 portion	.50
Crackers:					
Graham	16 ounces	As purchased	30	2 crackers	.03
Saltines	16 ounces	As purchased	56	2 crackers	.02
Soda	16 ounces	As purchased	41	2 crackers	.02
Cranberries:					
Fresh	Pound	Uncooked, chopped	8	½ cup	.12
		Cooked into sauce	6½	½ cup	.15
Cranberry sauce:					
Canned	16 ounces	As purchased	3¼	½ cup	.30
Cream:					
Half and half	1 pint	As purchased	32	1 tablespoon	.03
	1 quart	As purchased	64	1 tablespoon	.02
Table or coffee	1 pint	As purchased	32	1 tablespoon	.03
	1 quart	As purchased	64	1 tablespoon	.02

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Sour.....	½ pint.....	As purchased.....	16	1 tablespoon.....	0.06
	1 pint.....	As purchased.....	32	1 tablespoon.....	.03
Whipping.....	½ pint.....	Whipped.....	16	2 tablespoons.....	.06
Cucumbers:					
Fresh.....	1 cucumber (about 10 ounces).	Unpared, sliced.....	3¾	½ cup.....	.27
		Pared:			
		Diced.....	2½	½ cup.....	.39
		Sliced.....	2¾	½ cup.....	.37
Dates:					
Dried, pitted.....	16 ounces.....	As purchased.....	4¾	½ cup.....	.21
Eggplant:					
Fresh.....	1 eggplant (about 1¼ pounds).	Cooked, drained, diced.	4	½ cup.....	.25
Eggs:					
In shell.....	Dozen (any size).....	Shelled.....	12	1 egg.....	.08
Endive, curly; chicory; and escarole:					
Fresh.....	1 large head (about 1 pound).	Pieces.....	8½	½ cup.....	.12

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Escarole (see endive).					
Farina.....	16 ounces.....	Uncooked.....	2½	1 cup.....	0.40
		Cooked.....	15¾	1 cup.....	.06
Figs:					
Canned.....	17 ounces.....	Fruit and juice.....	4	½ cup.....	.26
		Fruit.....	2¾	½ cup.....	.37
Filberts:					
In shell.....	Pound.....	Shelled.....	1½	1 cup.....	.72
Fish:					
Fresh or frozen:					
Dressed.....	Pound.....	Cooked.....	2½	3 ounces.....	.40
Fillets.....	Pound.....	Cooked.....	3½	3 ounces.....	.29
Steaks, with back bone.	Pound.....	Cooked.....	3	3 ounces without bone.	.33
Frozen portions or sticks:					
Breaded, fried.....	8 ounces.....	Heated.....	2½	3 ounces.....	.40
Fish flakes:					
Canned.....	7 ounces.....	Drained.....	2	3 ounces.....	.50

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Fish, other (see individual kinds).					
Flour:					
Rye:					
Light	32 ounces	Sifted, spooned	10¼	1 cup	0.10
Dark	32 ounces	Stirred	7¼	1 cup14
Wheat:					
All-purpose	5 pounds	Unsifted, spooned	18	1 cup06
		Sifted, spooned	19½	1 cup06
Cake	32 ounces	Sifted, spooned	9¼	1 cup11
Gluten	32 ounces	Sifted, spooned	6¾	1 cup15
Self-rising	32 ounces	Sifted, spooned	8½	1 cup12
Whole wheat	5 pounds	Stirred	15¾	1 cup06
Frankfurters:					
8 per pound	Pound	Heated	4	225
10 per pound	Pound	Heated	5	220

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Fruit cocktail:					
Canned	16 ounces	Fruit and juice	3½	½ cup	0.28
		Fruit	2¾	½ cup37
	30 ounces	Fruit and juice	6¾	½ cup15
		Fruit	4¾	½ cup21
Fruits for salad:					
Canned	16 ounces	Fruit and juice	3½	½ cup28
		Fruit	2½	½ cup41
	30 ounces	Fruit and juice	6¾	½ cup15
		Fruit	4½	½ cup23
Gelatin:					
Flavored	3 ounces	As purchased	7	1 tablespoon14
Unflavored	1 ounce	As purchased	4	1 envelope (about 1 tablespoon).	.25
Gefilte fish:					
Canned	16 ounces	Drained	3	3 ounces33

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Grapefruit:					
Fresh.....	1 grapefruit (about 20 ounces).	Halves.....	2	1 half.....	0.50
		Sections, without membrane.	2¼	½ cup.....	.46
		Juice.....	2	½ cup.....	.50
Grapefruit sections:					
Canned.....	16 ounces.....	Fruit and juice.....	3¾	½ cup.....	.27
		Fruit.....	2¾	½ cup.....	.37
Frozen.....	13½ ounces.....	Fruit and juice.....	3	½ cup.....	.32
		Fruit.....	2¼	½ cup.....	.46
Grapes:					
Fresh:					
Seedless.....	Pound.....	Whole.....	5	½ cup.....	.20
With seeds.....	Pound.....	Seeded, halves.....	4¼	½ cup.....	.24
Honey, strained.....	16 ounces.....	As purchased.....	1¼	1 cup.....	.73
			22	1 tablespoon.....	.05
Honeydew melon:					
Fresh.....	1 melon (about 1 pound 10 ounces).	Pared, diced.....	5	½ cup.....	.20

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Ice cream:					
Brick, sliced	1 quart	As purchased	8	1 slice	0.12
Bulk	½ gallon	As purchased	12	⅔ cup	.08
Jam or jelly	16 ounces	As purchased	22½	1 tablespoon	.04
Kale:					
Fresh, untrimmed	Pound	Cooked, drained	5¼	½ cup	.19
Canned	15 ounces	Heated, drained	2¾	½ cup	.38
Frozen	10 ounces	Cooked, drained	2¼	½ cup	.42
Kohlrabi:					
Fresh	Pound	Cooked, drained	2½	½ cup	.39
Lamb:					
Fresh:					
Chops:					
Loin, with bone	Pound	Cooked	2½	3 ounces without bone.	.40
Rib, with bone	Pound	Cooked	2	3 ounces without bone.	.50
Ground	Pound	Cooked	3½	3 ounces	.29

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Roasts:					
Leg:					
With bone.....	Pound.....	Roasted.....	2¾	3 ounces without bone.	0.36
Without bone..	Pound.....	Roasted.....	3½	3 ounces.....	.29
Shoulder:					
With bone.....	Pound.....	Roasted.....	3	3 ounces without bone.	.67
Without bone..	Pound.....	Roasted.....	3¼	3 ounces.....	.33
Lard.....	16 ounces.....	As purchased.....	2	1 cup.....	.49
Lemonade:					
Frozen concentrate...	6 fluid ounces.....	Reconstituted.....	3	1 cup.....	.33
Lemon juice:					
Canned:					
Bottled.....	8 fluid ounces.....	As purchased.....	1	1 cup.....	1.00
			16	1 tablespoon.....	.06
Plastic lemon.....	About 2½ ounces.....	As purchased.....	4¾	1 tablespoon.....	.22

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Lemons:					
Fresh.....	Dozen.....	Juice.....	2¼	1 cup.....	0.42
Lettuce:					
Head.....	1 head (about 1 pound).	Pieces.....	12½	½ cup.....	.08
Leaf.....	Pound.....	Pieces.....	12½	½ cup.....	.08
Romaine.....	Pound.....	Pieces.....	12¼	½ cup.....	.08
Limes:					
Fresh.....	Dozen.....	Juice.....	1½	1 cup.....	.65
Lobster:					
Fresh:					
Cooked in shell.....	1 lobster (about 1 pound).	As purchased.....	1	1 lobster.....	1.00
Cooked meat.....	Pound.....	Drained.....	4¾	3 ounces.....	.21
Frozen:					
Cooked meat.....	Pound.....	Thawed, drained.....	4¾	3 ounces.....	.21
Spiny tails.....	Pound.....	Cooked.....	2½	3 ounces.....	.40

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Luncheon meats	Pound	As purchased	8	2 ounces	0.12
Macaroni	16 ounces	As purchased	3¾	1 cup	.26
		Cooked	18	½ cup	.06
Mackerel: Canned	15 ounces	Drained	4¼	3 ounces	.24
Mangoes: Fresh	Pound	Diced or sliced	3½	½ cup	.29
Margarine	16 ounces	As purchased	96	1 teaspoon	.01
			2	1 cup	.49
Marmalade (see jams).					
Mayonnaise (see salad dressings).					
Meats (see individual kinds).					
Melon balls: Frozen	16 ounces	Fruit and juice	4	½ cup	.25

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Molasses-----	12 fluid ounces-----	As purchased-----	1½	1 cup-----	0.67
Milk:					
Fresh, fluid:					
Whole, skim, or	1 quart-----	As purchased-----	4	1 cup-----	.25
buttermilk.	½ gallon-----	As purchased-----	8	1 cup-----	.12
Canned:					
Condensed-----	15 ounces-----	As purchased-----	1½	1 cup-----	.72
Evaporated-----	14½ ounces-----	As purchased-----	1¾	1 cup-----	.61
		Reconstituted-----	3¼	1 cup-----	.31
Dry:					
Nonfat, instant-----	9 ⁵ / ₈ ounces-----	As purchased-----	4	1 cup-----	.25
		Reconstituted-----	10¼	1 cup-----	.10
Mixed vegetables (see vegetables, mixed).					
Mushrooms:					
Fresh-----	Pound-----	Cooked, drained, sliced.	8¼	¼ cup-----	.12
Canned, pieces-----	4 ounces (drained weight).	Heated, drained-----	2¾	¼ cup-----	.35

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Muskmelon (see cantaloup).					
Mustard greens:					
Fresh, trimmed	10 ounces	Cooked, drained	1½	½ cup	0.65
Canned	15 ounces	Heated, drained	2¾	½ cup	.36
Frozen	10 ounces	Cooked, drained	2¾	½ cup	.45
Nectarines:					
Fresh	Pound	Whole	4	1 medium	.25
Noodles	16 ounces	Uncooked	7¼	1 cup	.14
		Cooked	16	½ cup	.06
Nuts (see individual kinds).					
Oats, rolled	18 ounces	Uncooked	7¼	1 cup	.14
		Cooked	13	1 cup	.08
	42 ounces	Uncooked	16¾	1 cup	.06
		Cooked	30¼	1 cup	.03
Oils (see salad oil).					

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Okra:					
Fresh.....	Pound.....	Cooked, drained, sliced.	4½	½ cup.....	0.22
Canned, cut or whole.....	15½ ounces.....	Heated, drained.....	3½	½ cup.....	.28
With tomatoes.....	15½ ounces.....	Heated.....	3¾	½ cup.....	.27
Frozen, cut or whole.....	10 ounces.....	Cooked, drained.....	2½	½ cup.....	.41
Oleomargarine (see margarine).					
Olives:					
Canned:					
Ripe, large.....	9 ounces (drained weight).	Drained:			
		Sliced.....	6¼	¼ cup.....	.16
		Whole.....	18	3 olives.....	.06
Onions:					
Mature:					
Fresh.....	Pound.....	Uncooked:			
		Chopped or grated.....	2½	1 cup.....	.40
		Sliced.....	3¾	1 cup.....	.27

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Onions—Continued					
Fresh	Pound	Cooked, drained:			
		Pieces	3½	½ cup	0.28
		Whole	3¼	½ cup	.31
Pearl	Pound	Cooked, drained	3¾	½ cup	.26
Orange juice:					
Fresh bottled	1 quart	As purchased	8	½ cup	.12
Canned	46 fluid ounces	As purchased	11½	½ cup	.09
Frozen concentrate	6 fluid ounces	As purchased	¾	1 cup	1.33
		Reconstituted	6	½ cup	.17
Oranges:					
Fresh	Dozen (any size)	Whole	12	1 orange	.08
	Dozen (medium)	Sections with juice:			
		With membrane	17	½ cup	.06
		Without membrane	13½	½ cup	.07
		Juice	11	½ cup	.09
Oranges, mandarin:					
Canned	11 ounces	Fruit and juice	2½	½ cup	.39

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Oysters:					
Fresh, shucked.....	Pound.....	Cooked, drained.....	2¼	3 ounces.....	0.44
Canned.....	5 ounces (net weight)	Drained.....	1¾	3 ounces.....	.57
Frozen:					
Breaded, uncooked.....	7 ounces.....	Cooked.....	2¼	3 ounces.....	.44
Oyster stew:					
Canned:					
Ready-to-serve.....	10½ ounces.....	Heated.....	1¼	1 cup.....	.80
	8 ounces.....	Heated.....	1	1 cup.....	1.00
Parsley:					
Fresh.....	1 bunch (about 1 ounce).	Chopped.....	5¾	1 tablespoon.....	.18
Parsnips:					
Fresh.....	Pound.....	Cooked, drained, pieces.	4	½ cup.....	.25
Peaches:					
Fresh.....	Pound.....	Uncooked, peeled:			
		Diced.....	3¼	½ cup.....	.32
		Sliced.....	3¾	½ cup.....	.26
		Whole.....	4	1 medium.....	.25

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Peaches—Continued					
Fresh.....	Pound.....	Cooked, peeled, sliced:			
		Fruit and juice.....	3½	½ cup.....	0.28
		Fruit.....	2¼	½ cup.....	.44
Canned:					
Halves.....	30 ounces.....	Fruit and juice.....	6¾	½ cup.....	.15
		Fruit.....	4½	½ cup.....	.22
Slices.....	30 ounces.....	Fruit and juice.....	6½	½ cup.....	.16
		Fruit.....	4¼	½ cup.....	.24
Spiced, whole.....	30 ounces.....	Fruit.....	6½	2 peaches.....	.15
Dried:					
Halves.....	11 ounces.....	Uncooked.....	4	½ cup.....	.25
		Cooked:			
		Fruit and juice.....	10¾	½ cup.....	.09
		Fruit.....	6¾	½ cup.....	.15
Frozen:					
Slices.....	10 ounces.....	Fruit and juice.....	2¼	½ cup.....	.43
		Fruit.....	1½	½ cup.....	.66
Peanuts:					
Roasted in shell.....	Pound.....	Shelled.....	2¼	1 cup.....	.45

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Peanuts—Continued					
Shelled.....	Pound.....	As purchased.....	3¼	1 cup.....	0.31
Peanut butter.....	10 ounces.....	As purchased.....	8¾	2 tablespoons.....	.11
	12 ounces.....	As purchased.....	10½	2 tablespoons.....	.09
Pears:					
Fresh.....	Pound.....	Uncooked:			
		Whole.....	3	1 medium.....	.33
		Pared:			
		Diced.....	3¾	½ cup.....	.27
		Sliced.....	4¼	½ cup.....	.23
	Pound.....	Cooked, pared, halves:			
		Fruit and juice.....	4	½ cup.....	.25
		Fruit.....	2¾	½ cup.....	.38
Canned, halves.....	16 ounces.....	Fruit and juice.....	3¾	½ cup.....	.27
		Fruit.....	2½	½ cup.....	.40
	30 ounces.....	Fruit and juice.....	7	½ cup.....	.14
		Fruit.....	4½	½ cup.....	.23

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Peas:					
Green:					
Fresh:					
In pod -----	Pound -----	Shelled, cooked, drained.	2	½ cup -----	0.51
Shelled -----	Pound -----	Cooked, drained -----	5¼	½ cup -----	.19
Canned -----	16 ounces -----	Heated, drained -----	3½	½ cup -----	.29
Frozen -----	10 ounces -----	Cooked, drained -----	3¼	½ cup -----	.30
Split, all varieties, dry.	16 ounces -----	Uncooked -----	2¼	1 cup -----	.46
		Cooked -----	10½	½ cup -----	.10
Peas and carrots:					
Canned -----	16 ounces -----	Heated, drained -----	3½	½ cup -----	.28
Frozen -----	10 ounces -----	Cooked, drained -----	3¼	½ cup -----	.32
Pecans:					
In shell -----	Pound -----	Shelled, halves -----	2	1 cup -----	.49
Shelled -----	Pound -----	Halves -----	3¾	1 cup -----	.26

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Peppers, green:					
Fresh.....	Pound (3 to 6 per pound).	Uncooked:			
		Strips.....	8	½ cup.....	0.13
		Chopped or diced.....	4¾	½ cup.....	.21
		Cooked, drained:			
		Whole.....	6	1 pepper.....	.17
		Strips.....	5¼	½ cup.....	.19
Pimientos:					
Canned.....	4 ounces.....	Drained, chopped.....	6¼	1 tablespoon.....	.16
Pineapple:					
Fresh.....	1 pineapple (about 2½ pounds).	Diced.....	7¼	½ cup.....	.14
Canned:					
Chunks.....	20 ounces.....	Fruit and juice.....	4½	½ cup.....	.22
		Fruit.....	3¾	½ cup.....	.28
Crushed.....	20 ounces.....	Fruit and juice.....	4½	½ cup.....	.23
		Fruit.....	3½	½ cup.....	.28
Slices.....	20 ounces.....	Fruit and juice.....	5¼	2 slices.....	.19
		Fruit.....	5¼	2 slices.....	.19

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Frozen:					
Chunks.....	13½ ounces.....	Fruit and juice.....	3	½ cup.....	0.32
		Fruit.....	2¼	½ cup.....	.44
Pineapple juice:					
Canned.....	46 fluid ounces.....	As purchased.....	11½	½ cup.....	.09
Plums:					
Fresh.....	Pound.....	Uncooked:			
		Whole.....	4	2 medium.....	.25
		Halves.....	4½	½ cup.....	.21
		Slices.....	4¼	½ cup.....	.24
		Cooked, whole:			
		Fruit and juice.....	3¼	½ cup.....	.31
Canned:					
Purple, whole.....	30 ounces.....	Fruit and juice.....	6¾	½ cup.....	.15
		Fruit.....	4¼	½ cup.....	.23
Pork:					
Fresh:					
Chops:					
Loin, with bone.....	Pound.....	Cooked.....	2½	3 ounces without bone.	.40

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Pork, Fresh, Chops—Continued					
Rib, with bone...	Pound	Cooked	2¼	3 ounces without bone.	0.44
Roasts:					
Ham:					
With bone...	Pound	Cooked	2½	3 ounces without bone.	.40
Without bone...	Pound	Cooked	3	3 ounces33
Loin:					
With bone...	Pound	Cooked	2¼	3 ounces without bone.	.44
Without bone...	Pound	Cooked	3¼	3 ounces31
Shoulder:					
Boston butt:					
With bone...	Pound	Cooked	3	3 ounces without bone.	.33
Without bone	Pound	Cooked	3½	3 ounces29
Picnic:					
With bone...	Pound	Cooked	2	3 ounces without bone.	.50
Without bone	Pound	Cooked	3	3 ounces33

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Sausage:					
Bulk.....	Pound.....	Cooked.....	2½	3 ounces.....	0.40
Link.....	Pound.....	Cooked.....	2½	3 ounces.....	.40
Spareribs.....	Pound.....	Cooked.....	1¾	3 ounces without bone.	.57
Variety meats:					
Heart.....	Pound.....	Cooked.....	2¼	3 ounces.....	.44
Liver.....	Pound.....	Cooked.....	3	3 ounces.....	.33
Cured (mild):					
Ham:					
Canned, boneless	Pound.....	Sliced, cold.....	4½	3 ounces.....	.22
		Heated, sliced.....	4	3 ounces.....	.25
Cook-before- eating:					
With bone.....	Pound.....	Baked.....	3½	3 ounces without bone.	.29
Without bone.....	Pound.....	Baked.....	4	3 ounces.....	.25
Fully cooked:					
With bone.....	Pound.....	Heated.....	3½	3 ounces without bone.	.29
Without bone.....	Pound.....	Heated.....	4	3 ounces.....	.25

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Pork, Cured (mild)— Continued					
Shoulder:					
Boston butt:					
With bone.....	Pound.....	Cooked.....	3	3 ounces without bone.	0.33
Without bone..	Pound.....	Cooked.....	3½	3 ounces.....	.29
Picnic:					
With bone.....	Pound.....	Cooked.....	2½	3 ounces without bone.	.40
Without bone..	Pound.....	Cooked.....	3¼	3 ounces.....	.31
Pork products:					
Canned:					
Luncheon meat with natural juices.	12 ounces.....	Drained.....	3½	3 ounces.....	.28
Sausage links.....	9 ounces.....	Drained, heated.....	2	2 ounces.....	.49
Frozen:					
Sausage, precooked..	8 ounces.....	Heated.....	3¼	2 ounces.....	.31

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Potatoes:					
Fresh	Pound	Cooked, drained:			
		Diced	4½	½ cup	0.22
		Mashed	3½	½ cup	.29
		Sliced	5	½ cup	.20
		Whole, baked or boiled.	4	1 medium	.25
Canned:					
Whole	15 ounces	Heated, drained	3	½ cup	.33
Dehydrated:					
Flakes	7 ounces	Reconstituted	9½	½ cup	.10
Frozen:					
French fries	9 ounces	Heated	3¼	½ cup	.31
Prune juice:					
Bottled	32 fluid ounces	As purchased	8	½ cup	.12
Prunes:					
Canned	16 ounces	Fruit and juice	3½	½ cup	.28
		Fruit	3¾	½ cup	.27

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Prunes—Continued					
Dried, unpitted.....	16 ounces.....	Uncooked.....	5¼	½ cup.....	0.19
		Cooked:			
		Fruit and juice.....	9	½ cup.....	.11
		Fruit.....	6¼	½ cup.....	.16
Pumpkin:					
Fresh.....	Pound.....	Cooked, drained, mashed.	1¼	1 cup.....	.85
Canned.....	16 ounces.....	As purchased.....	1¾	1 cup.....	.54
Radishes:					
Fresh, without tops.....	6 ounces.....	Whole.....	5	3 radishes.....	.20
		Sliced.....	5	¼ cup.....	.20
Raisins.....	15 ounces.....	Uncooked.....	5¾	½ cup.....	.17
		Cooked:			
		Fruit and juice.....	10½	½ cup.....	.10
		Fruit.....	8	½ cup.....	.12
Raspberries, red:					
Fresh.....	Pint.....	Washed.....	4¾	½ cup.....	.21

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Canned	16 ounces	Fruit and juice	3¾	½ cup	0.27
		Fruit	1¾	½ cup	.55
Frozen	10 ounces	Fruit and juice	2¼	½ cup	.43
		Fruit	1¼	½ cup	.81
Rhubarb:					
Fresh	Pound	Cooked with sugar:			
		Fruit and juice	3¾	½ cup	.27
		Fruit	2½	½ cup	.39
Frozen	12 ounces	Cooked with sugar:			
		Fruit and juice	3	½ cup	.34
		Fruit	1½	½ cup	.62
Rice:					
Regular, all varieties	16 ounces	Uncooked	2¼	1 cup	.42
		Cooked	17¼	½ cup	.06
Precooked	7 ounces	As purchased	2	1 cup	.48
		Cooked	7¾	½ cup	.13
Rutabagas:					
Fresh	Pound	Cooked, drained:			
		Diced	4¼	½ cup	.24
		Mashed	3	½ cup	.34

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Salad dressings, all kinds.	8 fluid ounces.....	As purchased.....	16	1 tablespoon.....	0.06
	16 fluid ounces.....	As purchased.....	32	1 tablespoon.....	.03
	32 fluid ounces.....	As purchased.....	64	1 tablespoon.....	.02
Salad oil.....	24 fluid ounces.....	As purchased.....	3	1 cup.....	.33
	48 fluid ounces.....	As purchased.....	6	1 cup.....	.17
Salmon:					
Fresh or frozen:					
Steaks.....	Pound.....	Cooked.....	3	3 ounces.....	.33
Canned.....	16 ounces.....	Drained.....	4¼	3 ounces.....	.24
Sandwich spread.....	16 fluid ounces.....	As purchased.....	32	1 tablespoon.....	.03
Sardines:					
Canned:					
Maine.....	4 ounces.....	Drained.....	1¼	3 ounces.....	.80
Pacific, in sauce.....	15 ounces.....	Drained.....	3¾	3 ounces.....	.27
Sauerkraut:					
Canned.....	16 ounces.....	Heated, drained.....	4	½ cup.....	.25
	27 ounces.....	Heated, drained.....	7	½ cup.....	.14

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Sausage (see pork).					
Scallops:					
Fresh, shucked.....	Pound.....	Cooked.....	3¼	3 ounces.....	0.31
Frozen, breaded, fried	7 ounces.....	Heated.....	2¼	3 ounces.....	.44
Sherbet.....	1 pint.....	As purchased.....	3	⅔ cup.....	.33
Shortening,	16 ounces.....	As purchased.....	2½	1 cup.....	.41
hydrogenated.	48 ounces.....	As purchased.....	7¼	1 cup.....	.14
Shrimp:					
Fresh or frozen:					
Uncooked, in shell..	Pound.....	Cooked, peeled, cleaned.	2¾	3 ounces.....	.36
Canned.....	4½ ounces.....	Drained.....	1½	3 ounces.....	.67
Frozen:					
Uncooked, peeled, cleaned.	7 ounces.....	Cooked.....	1½	3 ounces.....	.67
Breaded:					
Uncooked.....	16 ounces.....	Cooked.....	4½	3 ounces.....	.22
Fried.....	6 ounces.....	Heated.....	1¾	3 ounces.....	.57

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Sirups:					
Chocolate (see chocolate sirup).					
Corn.....	1 pint.....	As purchased.....	2	1 cup.....	0.50
Maple.....	1 pint.....	As purchased.....	16	2 tablespoons.....	.06
	1 gallon.....	As purchased.....	128	2 tablespoons.....	.01
Soups:					
Canned:					
Condensed.....	10½ ounces.....	Reconstituted, heated.	2½	1 cup.....	.40
Ready-to-serve.....	8 ounces.....	Heated.....	1	1 cup.....	1.00
Spanish rice:					
Canned.....	15½ ounces.....	Heated.....	1¾	1 cup.....	.58
Spaghetti.....	16 ounces.....	Cooked.....	18¼	½ cup.....	.06
Spaghetti products:					
Canned:					
With cheese in tomato sauce.	15¼ ounces.....	Heated.....	1¾	1 cup.....	.58

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Spinach:					
Fresh, partly trimmed	10 ounces	Uncooked, pieces	9¾	½ cup	0.10
		Cooked, drained	2½	½ cup	.41
Canned	15 ounces	Heated, drained	2¾	½ cup	.36
Frozen	10 ounces	Cooked, drained	2½	½ cup	.42
Squash:					
Summer:					
Fresh	Pound	Cooked, drained:			
		Diced	3½	½ cup	.28
		Mashed	3¼	½ cup	.32
		Sliced	4	½ cup	.24
Frozen	10 ounces	Cooked, drained	2¾	½ cup	.37
Winter:					
Fresh:					
Acorn	1 squash (about 1 pound).	Baked in skin	2	½ squash	.50
Hubbard	Pound	Cooked:			
		Cubed	2¼	½ cup	.42
		Mashed	2	½ cup	.47
Frozen	12 ounces	Heated	2½	½ cup	.39

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Strawberries:					
Fresh.....	Quart (about 1½ pounds).	Washed, hulled.....	8½	½ cup.....	0.12
Canned.....	16 ounces.....	Fruit and juice.....	3¾	½ cup.....	.27
		Fruit.....	1¼	½ cup.....	.76
Frozen:					
Sliced.....	10 ounces.....	Fruit and juice.....	2¼	½ cup.....	.44
		Fruit.....	1	½ cup.....	.99
Whole.....	16 ounces.....	Fruit and juice.....	3½	½ cup.....	.29
		Fruit.....	2¼	½ cup.....	.47
Succotash:					
Canned.....	16 ounces.....	Heated, drained.....	2¼	½ cup.....	.44
Frozen.....	10 ounces.....	Cooked, drained.....	2¼	½ cup.....	.43
Sugar:					
Brown.....	16 ounces.....	Packed.....	2¼	1 cup.....	.44
Confectioner's.....	16 ounces.....	Sifted.....	3½	1 cup.....	.28
Cubes.....	16 ounces.....	As purchased.....	76	1 cube.....	.01
Granulated.....	5 pounds.....	As purchased.....	11¼	1 cup.....	.09

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Sweetpotatoes:					
Fresh.....	Pound.....	Cooked:			
		Mashed.....	3	½ cup.....	0.35
		Slices.....	3¾	½ cup.....	.27
		Whole, baked.....	3	1 medium.....	.33
Canned:					
Sirup pack.....	29 ounces.....	Heated, drained.....	5½	½ cup.....	.19
Vacuum pack.....	18 ounces.....	Heated.....	5	½ cup.....	.20
Dehydrated flakes.....	5 ounces.....	Reconstituted.....	3¼	½ cup.....	.31
Tangerine juice:					
Canned.....	46 fluid ounces.....	As purchased.....	11½	½ cup.....	.09
Frozen concentrate.....	6 fluid ounces.....	Reconstituted.....	6	½ cup.....	.17
Tangerines:					
Fresh.....	Dozen (about 3 pounds).	Whole.....	12	1 tangerine.....	.08
		Sections.....	10¾	½ cup.....	.09
Tartar sauce.....	16 fluid ounces.....	As purchased.....	32	1 tablespoon.....	.03

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Tea:					
Leaves, loose	16 ounces	Prepared as beverage	64	1 cup	0.02
Instant	2 ounces	Prepared as beverage	128	1 cup	.01
Tomatoes:					
Fresh	Pound	Diced or sliced	5	½ cup	.20
		Whole	4	1 small	.25
Canned	16 ounces	As purchased	3¾	½ cup	.26
	28 ounces	As purchased	6¾	½ cup	.15
Tomato juice:					
Canned	46 fluid ounces	As purchased	11½	½ cup	.09
Tomato paste:					
Canned	6½ ounces	As purchased	¾	1 cup	1.41
Tomato sauce:					
Canned	8 ounces	As purchased	1	1 cup	1.10
Tuna fish:					
Canned	6½ to 7 ounces	Drained	2	3 ounces	.50

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Turkey, ready-to-cook:					
Fresh or frozen:					
Whole, with giblets	Pound	Cooked	2¼	3 ounces without bone.	0.43
Parts:					
Breast	Pound	Cooked	2½	3 ounces without bone.	.38
Leg	Pound	Cooked	2½	3 ounces without bone.	.42
Canned:					
Boneless, in broth	5 ounces	Drained	1	3 ounces	.93
Frozen:					
Roasts, boneless	Pound	Cooked	3¼	3 ounces	.31
Rolls, precooked	Pound	Heated	5	3 ounces	.20
Turnip greens:					
Fresh, partly trimmed	10 ounces	Cooked, drained	1¼	½ cup	.75
Canned	15 ounces	Heated, drained	2¾	½ cup	.37
Frozen	10 ounces	Cooked, drained	2¼	½ cup	.45

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Turnips:					
Fresh.....	Pound.....	Uncooked, diced.....	5½	½ cup.....	0.18
		Cooked, drained:			
		Diced.....	3½	½ cup.....	.28
		Mashed.....	2¾	½ cup.....	.36
Veal:					
Fresh:					
Chops:					
Loin, with bone...	Pound.....	Cooked.....	2¾	3 ounces without bone.	.36
Rib, with bone...	Pound.....	Cooked.....	2½	3 ounces without bone.	.40
Cutlet:					
With bone.....	Pound.....	Cooked.....	3½	3 ounces without bone.	.29
Without bone.....	Pound.....	Cooked.....	4	3 ounces.....	.25
Roasts:					
Breast:					
With bone.....	Pound.....	Cooked.....	2	3 ounces without bone.	.50
Without bone...	Pound.....	Cooked.....	3	3 ounces.....	.33

See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Leg:					
With bone.....	Pound.....	Cooked.....	2½	3 ounces without bone.	0.40
Without bone.....	Pound.....	Cooked.....	3½	3 ounces.....	.29
Loin:					
With bone.....	Pound.....	Cooked.....	2½	3 ounces without bone.	.40
Without bone.....	Pound.....	Cooked.....	3½	3 ounces.....	.29
Rib:					
With bone.....	Pound.....	Cooked.....	2¼	3 ounces without bone.	.44
Without bone.....	Pound.....	Cooked.....	3½	3 ounces.....	.29
Shoulder:					
With bone.....	Pound.....	Cooked.....	2½	3 ounces without bone.	.40
Without bone.....	Pound.....	Cooked.....	3½	3 ounces.....	.29
Variety meats:					
Heart.....	Pound.....	Cooked.....	1¾	3 ounces.....	.57
Liver.....	Pound.....	Cooked.....	3	3 ounces.....	.33
Vegetable juice:					
Canned.....	46 fluid ounces.....	As purchased.....	11½	½ cup.....	.09

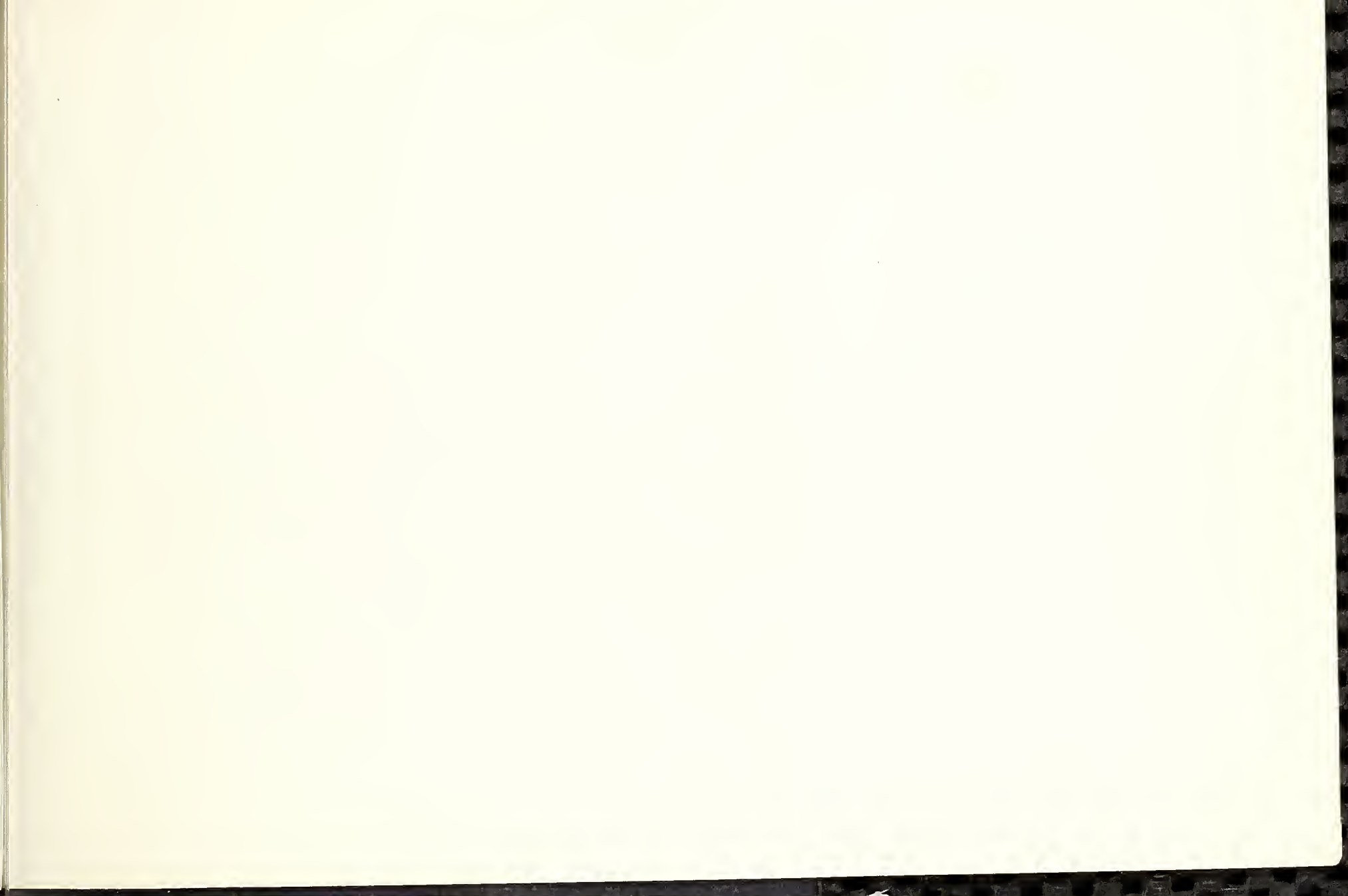
See footnotes at end of table (p. 60).

Description of food as purchased	Size of market unit	Description of food as prepared after purchase	Servings or measures per market unit ¹	Size of serving or measure	Amount-to-buy factor ²
Vegetables, mixed:					
Canned	16 ounces	Heated, drained	3½	½ cup	0.28
Frozen	10 ounces	Cooked, drained	2¾	½ cup35
Walnuts:					
Black:					
In shell	Pound	Shelled, chopped	¾	1 cup	1.27
Shelled	Pound	Chopped	3½	1 cup28
English:					
In shell	Pound	Shelled, chopped	1½	1 cup62
Shelled	Pound	Chopped	3½	1 cup28
Watermelon:					
Fresh	1 melon	Wedges	16	1/16 melon06
	Pound	Diced	2½	½ cup38

¹ Numbers are approximate.

² To determine the number of market units to buy, multiply the factor in this column by the number of servings or measures of the food needed.

This is a *Consumer Service* of USDA



HOME ECONOMICS
RESEARCH REPORT

24-37

A321.9
A98